



Beth Knudson Yoga Therapy

### **You are *already* enough!**

Our bodies are made to change.

They're living tissue, constantly in flow.

We're not meant to be the same size our entire lives.

We can learn to embrace *all* of our bodies' ebbs and flows.

### **There's MORE to life!**

You don't need another weight loss project.

Food is not the enemy. It can become your friend.

Hunger is a quiet request for nourishment.

You can learn to eat with love.

### **Your body IS divine wisdom!**

Your body is a miracle and your divine messenger.

When you understand and accept yourself,

EVERYTHING changes.

### **It's easier when we do it together!**

I know it sounds hard, but we can do hard things.

Humor is essential along the way, because it is hard.

And when you heal, we all heal, because we are all connected.

[www.BethKnudson.com](http://www.BethKnudson.com)